



FORESIGHT

*The Association For The Promotion
Of Pre-Conception Care*

178 Hawthorn Road, Bognor Regis,
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www.foresight-preconception.org.uk

Foresight

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Number

Decoder

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Useful

Translator

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Find Out

This little booklet has been designed for the handbag. We have taken information from 'E for Additives' by Maurice Hanssen, along with info from other sources. We have added extra notes and-compressed this information into a little guide that can be taken anywhere.

Additive numbers are marked;

RED for danger. Known adverse effects are specified

ORANGE for those of which experts have conflicting views

GREEN for those for which there are no known adverse effects

Mothers of children with a particular problem need this information when they are in the supermarket, not just at home in the armchair.

Preconceptual and Pregnant Mums are a special group - if these substances produce known effects in adults, is it fair to subject the foetus, or even the ovum, to these frightening reactions? Foresight feels that it is better to be safe than sorry, by leaving alone the RED and AMBER numbers during this time.

Space has been left to write a child's name opposite the numbers known to cause the conditions they are prone to suffer from and to make note of any unfavourable reactions.

Best wishes for a lifetime of careful shopping and much improved health!

Notes	Number	Additive & Adverse Effects
	E100	CURCUMIN (C.I. 7530000) No known adverse effects.
	E101	RIBOFLAVIN (LACTOFLAVIN VITAMIN B2) No known adverse effects.
	101(a)	RIBOFLAVIN - 5' PHOSPHATE (RIBOFLAVIN - 5' [SODIUM PHOSPHATE]) No known adverse effects.
	E102	TARTRAZINE (C.I. 19140) Hyperactivity, Asthma, Urticaria, Rhinitis Bronchospasm, Blurred vision, Skin problems, Insomnia, Night terrors. Suspect for cancer.
	E104	QUINOLINE YELLOW (C.I. 47005) Hyperactivity, Asthma, Eczema Insomnia. Suspect for cancer.
	E107	YELLOW Hyperactivity, Asthma, Eczema Insomnia.
	E110	SUNSET YELLOW FCF, (C.I. 15985) Hyperactivity, Asthma, Urticaria, Gastric upset, Insomnia, Vomiting, Angioedema. Suspect for cancer.
	E120	COCHINEAL (CARMINE OF COCHINEAL CARMIC ACID; C.I. 75470) Hyperactivity, Asthma, Eczema Insomnia. Suspect for cancer.
	E122	CARMOISINE (ARORUBINE; C.I. 14720) Hyperactivity, Asthma, Urticaria Insomnia, Oedema. Suspect for cancer.
	E123	AMARANTH (C.I. 16185) Hyperactivity, Asthma, Urticaria Insomnia. Suspect for cancer.

Notes	Number	Additive & Adverse Effects
	E124	PONCEAU 4R (C.I. 16235) Hyperactivity, Asthma, Urticaria, Insomnia Suspect for cancer.
	E127	ERYTHROSINE (C.I. 45430) Hyperactivity, Asthma, Urticaria, Insomnia Pharmacology, Increased thyroid-hormone levels. Suspect for cancer.
	E128	RED 2G (C.I. 18050) Hyperactivity, Asthma, Urticaria Insomnia. Suspect for cancer.
	E129	ALLURA RED AC Urticaria. Suspect for cancer.
	E131	PATENT BLUE V (C.I. 42051) Hyperactivity, Asthma, Skin sensitivity Nausea, Low blood pressure, Tremor Urticaria, Shock, Breathing problems. Suspect for cancer.
	E132	INDIGO CARMINE (INDIGOTINE; C.I. 73015) Hyperactivity, Nausea, Vomiting, High blood pressure, Hypertension, Skin problems, Pruritis, Breathing problems. Suspect for cancer.
	E133	BRIGHT BLUE FCF (C.I. 42090) Hyperactivity, Asthma, Urticaria, Insomnia Suspect for cancer.
	E140	CHLOROPHYLL (C.I. 75810) No known adverse effects.
	E141	COPPER COMPLEXES OR CHLOROPHYLL AND CHLOROPHYLLINS (C.I. 75810: COPPER PHAEOPHYTINS) Asthma, Skin irritation, Hay fever.
	E142	GREENS (ACID BRIGHT GREEN B5; LUSSAMINE GREEN; C.I. 44090) (AZO DE) Hyperactivity, Asthma, Urticaria Insomnia. Suspect for cancer.

Notes	Number	ADDITIVE & Adverse Effects
	E150	CARAMEL B6 deficiency seen in rats, could contain MSG. Suspect for cancer
	E151	BLACK PN (BRILLIANT BLACK BN; C.I. 28440) Intestinal cysts in pigs. Suspect for cancer.
	E153	CARBON BLACK (VEGETABLE CARBON) Cancer, according to studies in U.S.A.
	E154	BROWN FK (KIPPER BROWN FOOD BROWN) Hyperactivity, Asthma, Urticaria, Insomnia Genetic Mutation. Suspect for cancer.
	155	BROWN HT (C.I. 20285; CHOCOLATE BROWN HT) Hyperactivity, Asthma, Skin sensitivity Insomnia, Kidney stones. Suspect for cancer.
	E160 (a)	ALPHA-CAROTENE, BETA-CAROTENE GAMMA-CAROTENE (C.I. 75130) Could be from GM.
	E160 (b)	ANNATTO, BIXIN, NORBIXIN (C.I. 75120) Could be from GM.
	E160 (c)	CAPSANTHIN (CAPSORUBIN) Forbidden in Australia
	E160 (d)	LYCOPENE (C.I. 75125) Conflicting reports.
	E160 (e)	BETA-APO-8'-CAROTENAL (C30) (BETA-8'-APOCAROTENAL) No known adverse effects.
	E160 (f)	ETHYL ESTER OF BETA-APO-8'- CAROTENOIC ACID (C30) No known adverse effects.
	E161	XANTHOPHYLLS No known adverse effects.
	E161 (a)	FLAVOXANTHIN (C.I. 75135) Conflicting reports Forbidden in Switzerland.

Notes	Number	ADDITIVE & Adverse Effects
	E161 (b)	LUTEIN (C.I. 75135) Asthma, Skin irritation, Hay fever.
	E161 (c)	CRYPTOXANTHIN (C.I. 75135) Conflicting reports Forbidden in Switzerland.
	E161 (d)	RUBIXANTHIN (C.I. 75135) No known adverse effects.
	E161 (e)	VIOLOXANTHIN (C.I. 75135) No known adverse effects.
	E161 (f)	RHODOXANTHIN (C.I. 75135) No known adverse effects.
	E161 (g)	CANTHAXANTHIN (C.I. 75135) Canthaxanthin could be toxic for the liver and leaves crystals in the eyes which could be irreversible. Avoid.
	E162	BETEROOT RED (BETANIN) No known adverse effects.
	E163	ANTHOCYANINS (SCHULTZ 1394 and 1400) No known adverse effects.
	E170	CALCIUM CARBONATE (CHALK C.I. 77220) No known adverse effects.
	E171	TTANILUM DIOXIDE (C.I. 77891) Conflicting reports, Suspect for cancer. Could be from GM.
	E172	IRON OXIDES, IRON HYDROXIDES (YELLOW/BROWN: C.I. 77492; RED 77491; BROWN: 77499) No known adverse effects.
	E173	ALUMINIUM (C.I. 77000) Kidney stress. Not safe for the brain. Forbidden in Australia.
	E174	SILVER (C.I. 77800) Blue-grey skin, not well eliminated.

Notes	Number	ADDITIVE & Adverse affects
	E175	GOLD (C.I. 77480) Many harmful side-effects have been recorded for gold infections. None so far detected with gold taken by mouth.
	E180	PIGMENT RUBINE (LITHTOL RUBINE B.K. C.I. 15850) Hyperactivity, Asthma, Skin sensitivity, Insomnia. Suspect for cancer.
	E200	SORBITIC ACID Skin irritation
	E201	SODIUM SORBATE Asthma, Skin irritation, Hay fever. Digestive disorders, Genetic Mutation.
	E202	POTASSIUM SORBATE Asthma, Skin irritation, Hay fever. Digestive disorders, Genetic Mutation.
	E203	CALCIUM SORBATE Asthma, Skin irritation, Hay fever. Digestive disorders, Genetic Mutation. Sorbate is safe in different studies but in large quantities could cause birth defects when consumed with nitrates.
	E210	BENZOIC ACID Hyperactivity, Asthma, Urticaria, Insomnia Gastric irritation, Neurological disorders. Skin irritation, Hay fever Digestive disorders. Genetic Mutation. Reacts with E222. Suspect for cancer.
	E211	SODIUM BENZOATE Hyperactivity, Asthma, Urticaria, Insomnia. Scientific testing has shown cases of serious damage to foetuses. Suspect for cancer.
	E212	POTASSIUM BENZOATE Hyperactivity, Asthma, Urticaria, Insomnia. Suspect for cancer.

Notes	Number	ADDITIVE & Adverse affects
	E213	CALCIUM BENZOATE Hyperactivity, Asthma, Urticaria, Insomnia Suspect for cancer.
	E214	ETHYL 4 - HYDROXY BENZOATE (ETHYL-PARA- HYDROXY BENZOATE) Hyperactivity, Asthma, Urticaria, Insomnia, Numb mouth, Skin sensitivity. Also used in cosmetics. Suspect for cancer
	E215	ETHYL 4 - HYDROXY BENZOATE SODIUM SALT (SODIUM ETHYL PARA-HYDROXY BENZOATE). Hyperactivity, Asthma, Urticaria, Insomnia Numb mouth. Also used in cosmetics. Suspect for cancer.
	E216	PROPYL 4 - HYDROBENZOATE Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth. Also used in cosmetics. Suspect for cancer.
	E217	PROPYL 4 - HYDROXY BENZOATE, SODIUM SALT, (SODIUM N-PROPYL P-HYDROXY BENZOATE: SODIUM PROPYL-PARA-HYDROXY BENZOATE Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth. Also used in cosmetics. Suspect for cancer.
	E218	METHYL 4 - HYDROXY BENZOATE (METHYL PARA-HYDROXY BENZOATE) Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth Digestive disorders.
	E219	METHYL 4 - HYDROXY BENZOATE, SODIUM SALT, (SODIUM METHYL PARA-HYDROXY BENZOATE: SODIUM METHYL HYDROXY BENZOATE) Hyperactivity, Asthma, Skin problems Insomnia, Numb mouth.

Notes	Number	ADDITIVE & Adverse affects
	E220	SULPHUR DIOXIDE Irritation of the alimentary tract. Destruction of Vitamins E and B1. Asthma.
	E221	SULPHUR SULPHITE Destruction of Vitamins E and B1. Asthma.
	E222	SODIUM HYDROGEN SULPHITE, (SODIUM BISULPHITE; ACID SODIUM SULPHITE) Destruction of Vitamins E and B1. Asthma. Allergy - Gastric Irritation.
	E223	SODIUM METABISULPHITE (DIOSODIUM PYROSULPHITE) Gastric Irritation, Reduction of Vitamins B and E, Food aversion, Skin reactions Asthma.
	E224	POTASSIUM METABISULPHITE (POTASSIUM PYROSULPHITE) Asthma, Dyspnea, Cyanosis, Faintness Unconsciousness, Gastric Irritation.
	E226	CALCIUM SULPHITE Gastric Irritation, Reduced Vitamins B and E, Asthma.
	E227	CALCIUM HYDROGEN SULPHITE (CALCIUM BISULPHITE) Gastric Irritation, reduction in Vitamins B and E, Asthma.
	E228	POTASSIUM BISULPHATE Avoid. Used as pesticide.
	E230	BIPHENYL (DIPHENYL) Nausea, Vomiting, Irritation to eyes and nose, Allergies, Skin Irritation. Forbidden in Australia.
	E231	2-HYDROXY BIPHENYL (o-PHENYL PHENOL; ORTHOPHENYLPHENOL) Nausea, Vomiting, Irritation to eyes and nose.

Notes	Number	ADDITIVE & Adverse affects
	E232	SODIUM BIPHENYL-2-YL OXIDE (SODIUM ORTHOPHENYLPHENATE) Nausea, Vomiting, Irritation to eyes and nose, Kidney problems. Cancer in animals.
	E233	2-(THIAZOLE-4-YL) BENZINDAZOLE (THIABENDAZOLE) Skin disorders, could provoke genetic mutation.
	E234	NISIN Conflicting reports
	E235	NATA MYCIN Vomiting, Anorexia, Skin problems Digestive disorders.
	E236	FORMIC ACID Diuretic, Can cause Skin problems Urinary disorders. Suspect for cancer.
	E237	SODIUM FORMATE Diuretic, Kidney disorders. Suspect for cancer.
	E238	CALCIUM FORMATE Diuretic, Kidney disorders NOT PERMITTED IN UK.
	E239	HEXAMINE (HEXAMETHYLENE TETRAMINE) Gastrointestinal upsets, Urinary upsets Skin rashes, GENE MUTATIONS in animal studies, sometimes in cosmetics. Suspect for cancer.
	E240	POTASSIUM NITRATE NOT FOR BABIES UNDER SIX MONTHS Destruction of Red blood corpuscles Cancer, Asthma. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

Notes	Number	ADDITIVE & Adverse affects
	E242	DIMETHYL BICARBONATE Could contain Methanol. Avoid.
	E249	POTASSIUM NITRATE Shortness of breath, Hyperactivity, Asthma, Urticaria, Insomnia, Nausea, Vomiting, Dizziness, Cancer in animals, Deoxygenation of the blood, Low blood pressure, Collapse of circulatory system. Suspect for cancer. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	E251	SODIUM NITRATE (CHILE SALT PETRE) Deoxygenation of the blood, Cancer. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E252	POTASSIUM NITRATE (SALTPETRE) Gastro-enteritis, Severe Abdominal pain Vomiting, Vertigo, Muscular weakness Irregular pulse, Deoxygenation of the blood, Cancer. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E260	ACETIC ACID Conflicting reports.
	E261	POTASSIUM ACETATE Kidney stress.

Notes	Number	ADDITIVE & Adverse affects
	E262	SODIUM ACETATE (ANHYDROUS) AND SODIUM ACETATE. NOT SUITABLE FOR BABIES AND YOUNG CHILDREN Increased body fluid salt concentrations. As this substance is not suitable for babies under 6 months we suggest it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances
	E263	CALCIUM ACETATE No known adverse effects.
	E264	AMMONIUM ACETATE Nausea, Vomiting.
	E270	LACTIC ACID NOT SAFE FOR BABIES AND YOUNG CHILDREN. Not safe for babies and young children. As this substance is not suitable for babies under six months we suggest it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E280	PROPIONIC ACID Headaches, Digestive disorders.
	E281	SODIUM PROPIONATE Migraine.
	E282	CALCIUM PROPIONATE Migraine.
	E283	POTASSIUM PROPIONATE Migraine.
	E284	BORIC ACID In cavitir and mouthwash. Menstrual disorders, Anorexia, Asthenia Confusion and Hair Loss.
	E290	CARBON DIOXIDE Promotes effects of alcohol, Dizziness Nausea, Vomiting.
	E296	MALIC ACID (DL-OR-L) Could be GM, unless organic. INFANTS AND YOUNG CHILDREN SHOULD AVOID if not Organic.
	E297	FUMARIC ACID No known adverse effects.

Notes	Number	ADDITIVE & Adverse affects
	E300	L-ASCORBIC ACID (VITAMIN C) VERY LARGE DOSES can cause diarrhoea. More than 10gm per day could cause kidney stones in susceptible people. No known adverse effects in standard doses.
	E301	SODIUM L-ASCORBATE (VITAMIN C; SODIUM L-(+)-ASCORBATE). No known adverse effects in standard doses.
	E302	CALCIUM L-ASCORBATE (CALCIUM ASCORBATE) No known adverse effects.
	E304	6-0-PLIMITOYL-L-ASCORBIC ACID (ASCORBYL PALMITATE) No known adverse effects.
	E306	EXTRACTS OF NATURAL ORIGIN RICH IN TOCOPHEROLS (VITAMIN E) No known adverse effects.
	E307	SYNTHETIC ALPHA-TOCOPHEROL (VITAMIN E; DL-ALPHA-TOCOPHEROL) No known adverse effects.
	E308	SYNTHETIC GAMMA-TOCOPHEROL (VITAMIN E; DL-ALPHA-TOCOPHEROL) No known adverse effects.
	E309	SYNTHETIC DELTA-TOCOPHEROL (VITAMIN E; DL-DELTA TOCOPHEROL) No known adverse effects.
	E310	PROPYL GALLATE (PROPYL 3,4,5, TRIHYDROXYBENZOATE) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, REPRODUCTIVE FAILURES, Liver damage. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

Notes	Number	ADDITIVE & Adverse affects
	E311	OCTYL GALLATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Gastric irritation REPRODUCTIVE FAILURES. Blood Disorders. Liver damage. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E312	DODECYL GALLATE (DODECYL 3,4,5 -TRIHYDROXYBENZOATE) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Gastric irritation, REPRODUCTIVE FAILURES. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E315	ERYTHORBIC ACID Could affect Vitamin C absorption.
	E316	SODIUM ERYTHORBATE Could affect Vitamin C absorption.
	E320	BUTYLATED HYDROXYANISOLE (BHA) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia. Raised lipid and cholesterol in blood. Problems with liver metabolism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances. Suspect for cancer.

Notes	Number	ADDITIVE & Adverse effects
	E321	BUTYLATED HYDROXYTOLUENE (BHT) NOT SAFE FOR BABIES AND YOUNG CHILDREN. Hyperactivity, Asthma, Urticaria, Insomnia, Skin rashes, REPRODUCTION FAILURES, blood cell changes, cancer seen in animal studies. Problems with liver metabolism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E322	LECITHINS Could be GM. Overdose could upset stomach and cause sweating.
	E325	SODIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. Young children with lactose intolerance should avoid. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
	E326	POTASSIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. Increases antioxidant effect of other substances. As this substance is not suitable for babies under six months we advise pregnant and lactating mothers to avoid it also.
	E327	CALCIUM LACTATE NOT SAFE FOR BABIES AND YOUNG CHILDREN. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.

Notes	Number	ADDITIVE & Adverse effects
	E330	CITRIC ACID IN VERY LARGE AMOUNTS can have irritant action, and/or cause erosion of teeth.
	E331	SODIUM CITRATES No known adverse effects.
	E331 (a)	SODIUM DIHYDROGEN CITRATE (MONOSODIUM CITRATE) No known adverse effects.
	E331 (b)	DI SODIUM CITRATE No known adverse effects.
	E331 (c)	TRI SODIUM CITRATE (CITROSODINE) No known adverse effects.
	E332	POTASSIUM DIHYDROGEN CITRATE (MONO POTASSIUM CITRATE) No known adverse effects except for kidney patients.
	E332 (a)	TRI POTASSIUM CITRATE (POTASSIUM CITRATE) Large amounts may cause Skin sensitivity and Mouth ulcers.
	E333	MONO, DI and TRI CALCIUM CITRATE Large amounts may cause Mouth ulcers.
	E334	L-(-)-TARTARIC ACID In large quantities can cause Gastric irritations.
	E335	MONO-SODIUM L-(-)-TARTRATE and DI SODIUM L-(-)-TARTRATE No known adverse effects.
	E336	MONO POTASSIUM L-(-) TARTRATE (POTASSIUM HYDROGEN TARTRATE; CREAM OF TARTAR; POTASSIUM L-(-)-TARTRATE Kidney stress for people with impaired kidney or liver function.

Notes	Number	Additive & Adverse effects
	E337	POTASSIUM L-(+)-TARTRATE (SODIUM and POTASSIUM TARTRATE; SODIUM POTASSIUM TARTRATE) No known adverse effects.
	E338	ORTHOPHOSPHORIC ACID (PHOSPHORIC ACID) Digestive disorders.
	E339 (a)	SODIUM DIHYDROGEN ORTHOPHOSPHATE N.B. E338 (a)(b)(c) ARE ALL CLASSIFIED AS E339. Digestive disorders.
	E339 (b)	DI-SODIUM HYDROGEN ORTHOPHOSPHATE Digestive disorders.
	E339 (c)	TRI SODIUM HYDROGEN ORTHOPHOSPHATE Digestive disorders.
	E340 (a)	POTASSIUM DIHYDROGEN ORTHOPHOSPHATE (POTASSIUM PHOSPHATE MONOBASIC) N.B. E340 (a)(b)(c) ARE ALL CLASSIFIED AS E340 Digestive disorders.
	E340 (b)	POTASSIUM HYDROGEN ORTHOPHOSPHATE (POTASSIUM PHOSPHATE DI BASIC) Digestive disorders.
	E340 (c)	POTASSIUM ORTHOPHOSPHATE (POTASSIUM PHOSPHATE TRI BASIC) Digestive disorders.
	E341 (a)	CALCIUM TETRAHYDROGEN DIORTHOPHOSPHATE (ACID CALCIUM PHOSPHATE A C P) N.B. E341 (a)(b)(c) ARE ALL CLASSIFIED AS E341 Digestive disorders.

Notes	Number	Additive & Adverse effects
	E341 (b)	CALCIUM HYDROGEN ORTHOPHOSPHATE (CALCIUM PHOSPHATE DI BASIC) Digestive disorders.
	E341 (c)	TRI CALCIUM DIORTHOPHOSPHATE Digestive disorders.
	350	SODIUM HYDROGEN MALATE No known adverse effects.
	351	POTASSIUM MALATE No known adverse effects.
	352	CALCIUM MALATE CALCIUM HYDROGEN MALATE No known adverse effects.
	353	METATARTARIC ACID No known adverse effects.
	355	ADIPIC ACID (HEXANEDIOIC ACID) No known adverse effects.
	E356	SODIUM ADIPATE No known adverse effects.
	E357	POTASSIUM ADIPATE No known adverse effects.
	363	SUCCINIC ACID Digestive disorders in large doses.
	E370	1, 4-HEPTONOLACTONE Conflicting reports.
	375	NICOTINIC ACID (NIACIN NICOTINAMIDE) No known adverse effects.
	380	TRI AMMONIUM CITRATE Kidney and digestive disorders.
	381	AMMONIUM FERRIC CITRATE (FERRIC AMMONIUM CITRATE) Conflicting reports.

Notes	Number	Additive & Adverse effects
	E385	CALCIUM DISODIUM ETHYLENEDIAMINE-NNN' N TETRA-ACETATE (CALCIUM DISODIUM EDTA) Vomiting, Diarrhoea, Abdominal cramps Interference with absorption of minerals.
	E400	ALGINIC ACID No known adverse effects.
	E401	SODIUM ALGINATE No known adverse effects.
	E402	POTASSIUM ALGINATE No known adverse effects.
	E403	AMMONIUM ALGINATE Conflicting reports.
	E404	CALCIUM ALGINATE (ALGIN) No known adverse effects.
	E405	PROPANE-1,2-DIOL ALGINATE (PROPYLENE GLYCOL ALGINATE: ESTER) Could be GM. Conflicting reports.
	E406	AGAR (AGAR-AGAR; JAPANESE ISINGLASS) Very large quantities can cause Flatulence and Distention. Possibly intestinal obstruction
	E407	CARRAGEEN (IRISH MOSS) Ulcerative colitis, Cancer.
	E410	LOCUST BEAN GUM (GERATONIA GUM, CAROB BEAN GUM) Asthma, Skin irritation, Hay fever.
	E412	GUAR GUM (JAGUAR GUM, GUAR FLOUR CLUSTER BEAN) Nausea, Flatulence, Abdominal cramps.
	E413	TRAGACANTH (GUM DRAGON, GUM TRAGACANTH) Contact dermatitis.

Notes	Number	Additive & Adverse effects
	E414	GUM ARABIC (ACACIA; SUDAN GUM, GUM HASHAB, KORDOFAN GUM) Allergic reactions.
	E415	XANTHAN GUM (CORN SUGAR GUM) Asthma, Skin irritation, Hay fever.
	E416	KARAYA GUM (STERCULIA GUM) Asthma, Skin irritation, Hay fever.
	E417	TARA GUM Some allergies reported. Conflicting reports
	E420 (i)	SORBITOL Very large amounts can cause Flatulence, Diarrhoea and Abdominal distention.
	E420 (ii)	SORBITOL SYRUP Very large amounts can cause Flatulence Diarrhoea and Abdominal distention.
	E421	MANNITOL (MANNA SUGAR) Nausea, Vomiting, Diarrhoea, Kidney stones, Dizziness, Fainting, Death.
	E422	GLYCEROL Very large amounts can cause headaches, Thirsts, Nausea and High blood sugar levels.
	E425	KONJAC Could be in sweets. Suffocation, Digestive disorders, may remove vitamins, Forbidden in USA since 1952.
	430	POLYOXYETHYLENE (8) STEARATE (POLYOXYL 8 STEARATE) Skin problems, Gastrointestinal problems, Urinary tract problems, Kidney stones, Forbidden in USA since 1952.
	431	POLYOXYETHYLENE STEARATE POLYOXYL 40 STEARATE) Skin problems, Gastrointestinal problems, Urinary tract problems, Kidney stones.

Notes	Number	ADDITIVE & Adverse effects
	433	POLYOXYETHYLENE (20) SORBITAN MONOLAUROATE (POLYSORBATE 20: TWEEN 20) Conflicting reports. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distention.
	434	POLYOXYETHYLENE (20) SORBITAN MONO-OLEATE (POLYSORBATE 80: TWEEN 80) Conflicting reports. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distention.
	435	POLYOXYETHYLENE (20) SORBITAN MONOPALMITATE (POLYSORBATE 40: TWEEN 40) Increases absorption of fat soluble substances. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distention.
	436	POLYOXYETHYLENE (20) SORBITAN MONOSTEARATE (POLYSORBATE 60: TWEEN 60) Increases absorption of fat soluble substances. Very large amounts can cause Flatulence, Diarrhoea, and Abdominal distention.
	E440 (a)	PECTIN No known adverse effects except temporary flatulence.

Notes	Number	ADDITIVE & Adverse effects
	E440 (a)	AMMONIUM PECTATE POTASSIUM PECTATE, SODIUM PECTATE No known adverse effects.
	E440 [*] (b)	AMIDATED PECTIN No known adverse effects.
	442	AMMONIUM PHOSPHATIDES (EMULSIFIER VN) Conflicting reports. May remove essential minerals.
	E450 (a)	DISODIUM DIHYDROGEN DIPHOSPHATE (DISODIUM DIHYDROGEN PYROPHOSPHATE; ACID SODIUM PYROPHOSPHATE. Digestive disorders, hyperactivity, May remove essential minerals.
	E450 (a)	TRI SODIUM DIPHOSPHATE TETRASODIUM DIPHOSPHATE (TETRAPOTASSIUM DIPHOSPHATE) Digestive disorders, Hyperactivity, May remove essential minerals.
	E450 (b)	PENTA SODIUM TRIPHOSPHATE (SODIUM TRIPOLYPHOSHATE) Digestive disturbances, Blockage of enzyme systems, Hyperactivity.
		PENTAPOTASSIUM TRIPHOSPHATE (POTASSIUM TRIPOLYPHOSHATE) Digestive disturbances, Blockage of enzyme systems, Hyperactivity.
	E450 (c)	POTASSIUM POLYPHOSPHATES (SODIUM POLY PHOSPHATES) Digestive disturbances, Blockage of enzyme systems, Hyperactivity.
	E460	MICROCRYSTALLINE CELLULOSE ALPHA-CELLULOSE (POWDERED CELLULOSE) Suspect for Cancer.

Notes	Number	ADDITIVE & Adverse effects
	E461	METHYCELLULOSE CELLULOSE (METHOCEL: COGEL) Removes minerals.
	E463	HYDROXYPROPYLCELLULOSE Removes minerals.
	E464	HYDROXYPROPYLMETHYLLULOSE (HYPROBELLOSE) Removes minerals.
	E465	ETHYLMETHYLLULOSE (METHYLETHYLLULOSE) Removes minerals.
	E466	CARBOXYMETHYLLULOSE, SODIUM SALT (CARMELLOSE SODIUM:CMC) Intestinal obstruction. Removes minerals
	E470	SODIUM, POTASSIUM and CALCIUM SALTS of FATTY ACIDS (SOAPS) In quantity, can interfere with intestinal function. Could be GM.
	E471	MONO and DI-GLYCERIDES of FATTY ACIDS (GLYCERYL MONOSTEARATE, DISTEARATE) Conflicting reports.
	E472 (a)	ACETIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders, could contain Methanal.
	E472 (b)	LACTIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders, could contain Methanal.
	E472 (c)	CITRIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders, could contain Methanal.

Notes	Number	ADDITIVE & Adverse effects
	E472 (d)	TARTARIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders
	E472 (e)	MONO and DIACE TYLTARTARIC ACID ESTERS of MONO and DI-GLYCERIDES of FATTY ACIDS Digestive disorders
	E473	SUCROSE ESTERS of FATTY ACIDS Digestive disorders, could contain Methanal.
	E474	SUCRO GLYCERIDES Digestive disorders, could contain Methanal.
	E475	POLYGLYCEROL ESTERS of FATTY ACIDS Conflicting reports.
	E476	POLYGLYCEROL Esters of FattyAcids. Conflicting reports
	E477	PROPANE-1, 2-DIOL ESTERS of POLYCONDENSED FATTY ACIDS (PROPYLENE GLYCOL ESTERS of FATTY ACIDS) Digestive disorders. Avoid.
	E478	LACTYLATED FATTY ACIDS ESTERS of GLYCEROL and PROPANE of 2-DIOL Conflicting reports.
	E481	SODIUM STEADYL-2-LACTYLATE Conflicting reports.
	E482	CALCIUM STEAROYL-2-LACTYLATE Conflicting reports.
	E483	STEARYL TARTRATE Conflicting reports.
	491	SORBITAN MONO STEARATE On animals in high doses, digestive disorders, bladder disorders, lesions.

Notes	Number	ADDITIVE & Adverse effects
	492	SORBITAN TRIESTEARATE (SPAN 65) May increase absorption of fat soluble substances.
	493	SORBITAN MONOLAUATE (SPAN 20) Conflicting Reports
	494	SORBITAN MONO-OLEATE (SPAN 80) Suspect for Cancer.
	495	SORBITAN MONOPALMITATE (SPAN 40) Suspect for Cancer.
	500	SODIUM CARBONATE SODIUM HYDROGEN CARBONATE (SODIUM BICARBONATE: BAKING SODA; BICARBONATE OF SODA SODIUM SESQUICARBONATE (TRONA) Very large amounts cause inflammation of the gut Gastric upsets, Circulation problems.
	501	POTASSIUM CARBONATE and POTASSIUM HYDROGEN CARBONATE No known adverse effects.
	503 (a)	AMMONIUM CARBONATE (HARTSHORN) No known adverse effects.
	503 (b)	AMMONIUM HYDROGEN CARBONATE (AMMONIUM BICARBONATE) Irritation of stomach lining.
	504	MAGNESIUM CARBONATE (MAGNESITE) No known adverse effects.
	507	HYDROCHLORIC ACID Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.

Notes	Number	ADDITIVE & Adverse effects
	508	POTASSIUM CHLORIDE Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.
	509	CALCIUM CHLORIDE Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.
	510	AMMONIUM CHLORIDE Effects on Liver and Kidney function, Nausea, Vomiting.
	511	MAGNESIUM CHLORIDE Intestinal ulceration, Haemorrhage, Perforation, Gastric ulceration, Nausea, Vomiting.
	513	SULPHURIC ACID POISONOUS.
	514	SODIUM SULPHATE NOT SAFE FOR BABIES. Affects Kidney and Heart functions. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	515	POTASSIUM SULPHATE Digestive disorders, Vomiting.
	516	CALCIUM SULPATE (GYPSUM, PLASTER OF PARIS) Conflicting reports.
	518	MAGNESIUM SULPHATE (EPSOM SALT, EPSOMITE) Problems with kidney patients, Digestive disorders.
	524	SODIUM HYDROXIDE Conflicting reports.

Notes	Number	ADDITIVE & Adverse effects
	525	POTASSIUM HYDROXIDE Burning pain in mouth, throat and stomach Swelling of lining membranes, Vomiting, pain and shock
		CALCIUM HYDROXIDE Harmless in small quantities. Conflicting reports.
	527	AMMONIUM HYDROXIDE Conflicting reports.
		MAGNESIUM HYDROXIDE Conflicting reports. Forbidden in Australia.
		CALCIUM OXIDE Conflicting reports.
	530	MAGNESIUM OXIDE (PERICLASH; NATIVE MAGNESIUM) Conflicting reports.
	535	SODIUM FERROCYANIDE (SODIUM HEXACYANOFERRATE II) Low level toxicity.
	536	POTASSIUM FERROCYANIDE (POTASSIUM HEXACYANOFERRATE II) Low level toxicity.
	540	DI-CALCIUM DIPHOSPHATE (CALCIUM HYDROGEN PHOSPHATE; CALCIUMPHOSPHATE DIBASIC) Small chances of adverse reaction.
	541	SODIUM ALUMINIUM PHOSPHATE, ACIDIC-SODIUM ALUMINIUM PHOSPHATE BASIC Unsafe for babies or people suffering from kidney or heart problems. Skin reactions. Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless / until it is proven safe in these circumstances.

Notes	Number	ADDITIVE & Adverse effects
	542	EDIBLE BONE PHOSPHATE Made from bones. Conflicting reports.
	544	CALCIUM POLYPHOSPHATES Digestive disturbances due to blocked enzyme systems. Allergic reactions. Forbidden in Australia.
	545	AMMONIUM POLYPHOSPHATES Digestive disturbances due to blocked enzyme systems. Allergic reactions.
	551	SILICON DIOXIDE (SILICEA, SILICA) No known adverse effects.
	552	CALCIUM SILICATE Conflicting reports.
	553 (a)(b)	MAGNESIUM SILICATE, SYNTHETIC and MAGNESIUM TRISILICATE TALC (FRENCH CHALK) Conflicting reports.
	554	ALUMINIUM SODIUM SILICATE Aluminium toxicity has been implicated with Alzheimer's disease.
	556	ALUMINIUM CALCIUM SILICATE (CALCIUM ALUMINIUM SILICATE) Aluminium toxicity has been implicated with Alzheimer's disease.
	558	BENTONITE (BENTONITUM; SOAP CLAY) Conflicting reports.
	559	ALUMINIUM SILICATE KAOLIN, HEAVY and KAOLIN, LIGHT Aluminium, toxicity has been implicated with Alzheimer's disease
	570	STEARIC ACID Conflicting reports.
	572	MAGNESIUM STEARATE Only harmful if the powder is inhaled.
	575	D-GLUCONO-1, 5-LACTONE. (GLUCONO DELTA-LACTONE) Conflicting reports.

Notes	Number	ADDITIVE & Adverse effects
	576	SODIUM GLUCONATE No known adverse effects.
	577	POTASSIUM GLUCONATE No known adverse effects.
	578	CALCIUM GLUCONATE No known adverse effects.
	E579	FERROUS GLUCONATE No known adverse effects.
		L-GLUTAMIC ACID Conflicting reports.
	621	SODIUM HYDROGEN L-GLUTAMATE (MONO SODIUM GLUTAMATE; AJI-NO-MONO; MSG) Widely used as a "flavour enhancer". Not safe for babies and small children. Heart palpitations, Headaches, Dizziness, Muscle tightening, Nausea, Weakness of the upper arms, Neck pain, Migraine, peractivity, Asthma, Urticaria, Insomnia. Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	622	POTASSIUM HYDROGEN L-GLUTAMATE (MONOPOTASSIUM GLUTAMATE) Not safe for babies and small children. Abdominal cramps, Vomiting, Diarrhoea. Harmful to people with kidney problems. Hyperactivity, Asthma, Urticaria, Insomnia. Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.

Notes	Number	ADDITIVE & Adverse effects
	623	CALCIUM DIHYDROGEN DI-L-GLUTAMATE (CALCIUM GLUTAME) Hyperactivity, Asthma, Urticaria, Insomnia. Not safe for babies. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.
	E624	MONO AMMONIUM GLUTAMATE Not safe for babies and small children. Heart palpitations, Headaches, Dizziness, Muscle tightening, Nausea, Weakness of the upper arms, Neck pain, Migraine, Hyperactivity, Asthma, Urticaria, Insomnia. Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	E625	MAGNESIUM DIGLUTAMATE Not safe for babies and small children. Heart palpitations, Headaches, Dizziness, Muscle tightening, Nausea, Weakness of the upper arms, Neck pain, Migraine, Hyperactivity, Asthma, Urticaria, Insomnia. Neurotoxic. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/until it is proven safe in these circumstances.

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Notes	Number	ADDITIVE & Adverse effects
	E626	GUANYLIC ACID Taste enhancer, may trigger Gout.
	E627	GUANOSINE 5-(DISODIUM PHOSPHATE) (SODIUM GUANYLATE) Not safe for babies or young children. Harmful to people suffering from gout or rheumatism. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	E629	CALCIUM GUANYLATE May trigger Gout, Allergies, Hyperactivity, Skin reactions, Insomnia, Asthma.
	E630	INOSINIC ACID Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma
	E631	DISODIUM INOSINATE Not permitted in food for children and infants. Considered safe in small quantities. INOSINE 5'-(DISODIUM PHOSPHATE) (SODIUM 5'-INOSINATE) Not safe for babies or young children. Hyperactivity, Asthma, Urticaria, Insomnia. Harmful to people with gout or rheumatism. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	E634	DIPOTASSIUM INOSINATE Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma

Notes	Number	ADDITIVE & Adverse effects
	E635	CALCIUM INOSINATE Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma
	E636	CALCIUM RIBONUCLEOTIDES Considered safe in small quantities, in large quantities can cause Gout, Rheumatism, Hyperactivity, Skin rashes, Insomnia, Asthma
	E637	SODIUM 5'-RIBONUCLEOTIDE Not safe for babies or young children. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances. Suspect for Cancer. Dangerous for anaemia sufferers.
	E640	MALTOL Not safe for babies. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances. Suspect for Cancer. Dangerous for anaemia sufferers. ETHYL MALTOL Not safe for babies. Hyperactivity, Asthma, Urticaria, Insomnia. As this substance is not suitable for babies under six months, it would be advisable for pregnant and lactating mothers to avoid it also, unless/ until it is proven safe in these circumstances.
	E640	GLYCINE, SODIUM SALT Conflicting reports

Notes	Number	ADDITIVE & Adverse effects
	E900	ZINC ACETATE Conflicting reports.
	E900	DIMETHYPOL Y SIL OXANE (SIMETHICONE; DIMETHICONE) Suspect for Cancer, Allergies, Kidney and Liver problems.
	E901	BEESWAX, WHITE and BEESWAX, YELLOW No known adverse effects.
	E903	CARNUBA WAX No known adverse effects.
		SHELLAC Conflicting reports.
	E905	MINERAL HYDROCARBONS Anal seepage and irritation. Bowel cancer. Mild laxative.
	E907	REFINED MICROCRYSTALLINE WAX Made from petrol, banned in some countries.
		L-CYSTEINE HYDROCHLORINE and L-CYSTEINE HYDROCHLORINE MONOHYDRATE Possible removal of minerals., safe in small quantities
	E924	POTASSIUM BROMATE Abdominal pain, Nausea, Vomiting, Diarrhoea, Convulsions, Disturbance of Vitamin E.
	E925	CHLORINE Powerful Irritant, Disturbance of Vitamin E. Destroys nutrients.
	E926	CHLORINE DIOXIDE Powerful Irritant, Disturbance of Vitamin E. Destroys nutrients.
	E927	AZODICARBONAMIDE (AZOFORMAMIDE) Hyperactivity, Asthma, Urticaria, Insomnia, Disturbance of Vitamin E. Banned in some countries.

Notes	Number	ADDITIVE & Adverse effects
	E927b	CARBAMIDE Safe additive, but used in gums which contain E951 most of the time.
	E931	NITROGEN Some reports say that it is safe, used in freezing and vacuum packing. Industrially it is used in the manufacture of ammonia, cyanide and explosive.
	E932	NITROUS OXIDE Safe in small quantities. Has been used medically as an anesthetic.
	E939	HELIUM Used for packaging, gas also used for balloons. Considered safe.
	E950	ACESULFAME POTASSIUM or ACESULFAME-K- Often used with E951 in chewing gum and drinks. Allowed by FDA since 1988. Suspect for Cancer and Hypoglycaemia. Avoid.
	E951	ASPARTAME Atrophy / development failure of sex organs. Brain damage, Autism, Cerebral Palsy, Degenerative disease, Diabetes, Dyslexia, Epilepsy, Endocrine disruption, Eye damage, Fetal damage, Hypoglycaemia, Hyperactivity, Impaired growth, Insomnia, Low thyroid function, Lowered fertility, Lowered intelligence, Migraine, Neural instability, Obesity, Placental damage, Schizophrenia. Contains MSG.
	E952	CYCLAMIC ACID Suspect for Cancer. Allowed since 1953. Forbidden in USA since 1970.
	E954	SACCHARINES Allergies and Cancer. The ancestor of artificial sweeteners.
	E955	SUCRALOSE (SPLENDA) Destruction of immune system affecting the Liver and Kidneys.
	E957	THAUMATIN Could be from tropical plant or GM. Used as an artificial sweetener.

Notes	Number	ADDITIVE & Adverse effects
	E959	NEOHESPERIDINE Considered safe, made from citrus fruits.
	E961	SALT from ASPARTAME or ACESULFAME K Often used with E951 in chewing gum and drinks. Allowed by FDA since 1988. It seems to provoke Cancer and hypo-glycemia. Avoid.
	E962	MALTITOL This syrup could be made from saccharose or GM corn. Flatulence and digestive disorders.
	E966	LACTITOL Diarrhoea, digestive disorders, flatulence.
	E967	XYLITOL Suspect for cancer by FDA. Nausea, kidney stones, dizziness, death. Avoid.
	E968	QUILLAJA EXTRACT Conflicting reports. Could disturb the blood. Digestive disorders.
	E1100	AMYLASE Made from animals or GM. Allowed in Canada & USA but not mentioned in Europe.
	E1101	INVERTASE Considered safe.
	E1105	LYSOZYME Made from egg white, could give allergies.
	E1109	POLYDEXTROSE Safe in small doses but could cause diarrhoea when 90g per day are consumed.
	E1201	POLYVINYL PYRROLIDONE Additive very difficult to eliminate, could stay in our body for a year! Has caused cancer & abortion on animals in laboratories.
	E1202	POLYVINYL POLYPYRROLIDONE Additive very difficult to eliminate, could stay in our body for a year! Has caused cancer & abortion on animals in laboratories.

Notes	Number	ADDITIVE & Adverse effects
	E1404 E1401	STARCHES Could be from GM, inadequate labelling Diarrhoea, digestive disorders, (kidney stones in animals), Conflicting reports.
	E1505	TRIEHTHYL ACETATE Part becomes alcohol in body.
	E1517	GLYCEROL ACETATES
	E1518	Could be from GM.
	E1519	BENZYLIC ALCOHOL Not named very often, could be natural or GM.
	E1520	PROPYLENE-GLYCOL Has been proven to be very toxic with animals. Central nervous system. Depression, Heart attack. Forbidden in pet food.

Update

We had hoped that when we came to update FIND OUT, 20 years after we first put it together, the situation would have improved that it would have become quite a slim little booklet - if, indeed, it was needed at all.

Sadly, this is not the case.

The book "Excitoxins, the Taste That Kills" by Dr. Russel Blaylock MD, shows us that far from improving, the scene has further deteriorated.

Dr. Blaylock says:

"It is my opinion, after reviewing an enormous amount of medical and research literature, that monosodium glutamate, aspartame and other excitotoxin dietary additives pose an enormous hazard to our health and to the development and normal functioning of the brain. To continue to add enormous amounts of excitoxins to our food is unconscionable and will lead to suffering and ruined lives for generations to come. The civilised world, especially the United States, has become the largest experimental laboratory in history. The question that begs for an answer is, "Are we creating a nightmare world?"

The following are some of the conditions quoted by Dr. Blaylock as being due to an intake of Excitotoxins:

- Alzheimer's
- Atrophy
- developmental failure of the sexual organs
- Autism
- brain damage (sometimes delayed onset)
- Cerebral palsy
- Degenerative diseases
- Diabetics
- Dyslexia
- Epilepsy
- Endocrine damage
- Eye damage
- Fetal damage
- Hypoglycaemia
- Hypertactivity
- Impaired growth
- Insomnia
- Low thyroid function
- Lowered fertility
- Lowered intelligence
- Migraine
- Obesity
- Placental damage
- Schizophrenia
- Sexual psycho pathology
- Sudden rages

MONOSODIUM GLUTAMATE

So far as I am aware, monosodium glutamate and similar excitotoxins are still permitted and are still on the market. Excitotoxins go under a variety of pseudonyms:

ADDITIVES THAT ALWAYS CONTAIN MSG:

- Aspartame/Aspartate/Aspartic acid
- Cystine/L-Cysteine
- Hydrolysed Protein/hydrolysed Vegetable Protein
- Glutamine/Glutamic acid
- Kainate
- Natural Flavouring
- NMDA
- Nutri sweet
- Phenylalanine
- Quisqualate
- Sodium Caseinate
- Tetured Protein
- Autoized Yeast

ADDITIVES THAT FREQUENTLY CONTAIN MSG:

- Bouillon
- Broth
- Flavouring
- Malt Extract
- Malt Flavouring
- Natural Beef or Chicken Flavouring
- Natural Flavouring
- Seasoning
- Spices
- Stock

ADDITIVES THAT MAY CONTAIN MSG OR EXCITOTOXINS:

- Guanylate
- Inzymes
- Veget Protein Concentrate
- Whey Protein Concentrate

Additives in alphabetical order by name.
Colour coded for details of allergic reactions please
refer to the additive number for more details

A

Acetic Acid	E260
Acetic Acid Esters	E472a
Acesulfame Potassium or Acesulfame-K	E950
Adipic Acid	E355
Agar	E406
Alginate Acid	E400
Allura Red AC	E129
Alpha-Carotene	E160a
Aluminium Calcium Silicate	E56
Aluminium (G.I. 77000)	E173
Aluminium Sodium Silicate	E54
Amaranth	E123
Amidated Pectin	E440b
Amylase	E1100
Ammonium Alginate	E303
Ammonium Carbonate	503a
Ammonium Chloride	510
Ammonium Hydrogen Carbonate	503b
Ammonium Hydroxide	527
Ammonium Pectate	E440a
Ammonium Phosphatides	442
Annatto	545
Anthocyanins	E160b
Aspartame	E163
Azodicarbonamide	E951
Azorubine	927
	E122
B	
Beeswax	901
Beetroot Red	E162
Bentonite	558
Bentonium	558
Benzic Acid	E210

Butylated Hydroxytoluene (BHT)	E1619
Butylated Hydroxyanisole	E1600e
Butylated Hydroxytoluene (BHT)	E1602
Butylated Hydroxytoluene (BHT)	E240
Butylated Hydroxytoluene (BHT)	E151
Butylated Hydroxytoluene (BHT)	E284
Butylated Hydroxytoluene (BHT)	133
Butylated Hydroxytoluene (BHT)	E154
Butylated Hydroxytoluene (BHT)	155
Butylated Hydroxytoluene (BHT)	E320
Butylated Hydroxytoluene (BHT)	E321

C

Calcium Acetate	E263
Calcium Alginate	E404
Calcium Ascorbate	E302
Calcium Benzothiazole	E213
Calcium Bisulphite	E227
Calcium Chloride	509
Calcium Carbonate	E170
Calcium Dihydrogen Phosphate	623
Calcium Disodium Phosphate	385
Calcium Gluconate	578
Calcium Glucomate	623
Calcium Guanilate	E629
Calcium Hydrogen Sulphite	E341
Calcium Hydrogen Sulphite	E227
Calcium Hydroxide	526
Calcium Inosinate	E633
Calcium Lactate	E327
Calcium Oxide	529
Calcium Polyphosphates	E544
Calcium Propionate	E282
Calcium Ribonucleotides	E634
Calcium Silicate	562
Calcium Sorbate	E203
Calcium Stearoyl-2-Lactylate	E402

Calcium Sulphate	E16
Calcium Tetrahydrogen	E226
Canthaxanthin (C.I. 75135)	E341
Capsorubin	E1619
Caramel	E150c
Caramell	E150c
Carbamide	E150
Carbon Black	927B
Carbon Dioxide	E153
Carboxymethylcellulose cellulose	E290
sodium salt	
Carmellose Sodium: CMC	E466
Carmine of Cochineal	E466
Carmoisine	E120
Carnauba Wax	E122
Carrageen	903
Chlorine	E407
Chlorine Dioxide	925
Chlorophyll	926
Citric Acid	E140
Citric Acid Esters	E730
Cochineal	E472
Copper Complexes of Chlorophyll	E120
and Chlorophyllins	
Copper Phaeophytins	E141
Cryptoxanthin (C.I. 75135)	E141
Curcumin (C.I. 75300)	E161c
Cyclamic Acid	E100
	E952
D	
D-Glucono-1	575
Di Calcium Diphosphate	
(Calcium Hydrogen Phosphate)	540
Dimethyl Dicarboxylate	E242
Dimethylpoly Siloxane	900
Di Sodium Citrate	E331b

Diphosphoric Anhydride	E432
Dissodium Imidazolate	F631
Dodecyl Sulfate	E312
F	
Fatty Acid Phosphate	542
Fatty Acid	E315
Ferrous Gluconate	E127
Ferrous Sulfate (C.I. 45430)	E160f
Ferrous Sulfate of Beta APO 8	E214
Ferrous Sulfate Benzoyl	E214
Ferrous Sulfate	637
Ferrous Sulfate Cellulose	E465
Ferrous Sulfate Benzoyl	E214
Extracts of Natural Origin Rich in Tocopherols	E306
F	
Ferrous Gluconate	E579
Ferrous Sulfate	E161a
Ferrous Sulfate	E236
Fumaric Acid	297
Q	
Quercetin	E422
Quercetin Acetate	E1517
Quercetin & its Sodium Salt	E640
Quercetin	E626
Quercetin	E175
Quercetin	E142
Quercetin	627
Quercetin	E412
Quercetin	E414
H	
Helium	E939
Heptadecanoic Acid	370
Hexamine	E239

2-Hydroxy Biphenyl
Hydrochloric Acid
Hydroxypropylcellulose

E231
507
E463

I
Indigotine
Indigo Carmine
Inosine 5
Inosinic Acid
Invertase
Iron Oxides

E132
E132
631
E630
E1103
E172

K
Kaolin Heavy & Light
Karam
Konjac

559
E416
E425

L
Lactic Acid
Lactic Acid Esters
Lactitol

E270
E472b
E966

Lactylated Fatty Acids
L-Ascorbic Acid Vit. C
L-Cysteine Hydrochloride

E478
E300
920

L-Glutamic Acid
Locust Bean Gum
Lutein
Lycopene
Lysozyme

620
E410
E161b
E160d
E1105

M
Magnesium Carbonate
Magnesium Chloride
Magnesium Diglutamate
Magnesium Oxide
Magnesium Silicate
Magnesium Sterate
Magnesium Sulphate

504
511
E625
530
553
572
518

Methyl Alcohol
Methyl
Methylcellulose
Metatartaric Acid

E200
E400
E1000
353

Methyl 4-Hydroxy Benzoate
Methyl 4-hydroxy Benzoate
Methylcellulose
Mineral Hydrocarbons
Monomeric and Di Glyceride of Fatty Acids
Mono Di and Tri Calcium Citrate
Mono Potassium Tartrate
Mono Sodium Tartrate
Mono ammonium Glutamate

E1401
E218
E219
E460
905
E471
E472e
E333
E336
E335
E624

N
Nata Mycin
Neohesperidine
Nicotinic Acid
Nisin

E235
E959
375
E234

Nitrogen
Nitrous Oxide

E931
E932

O
Octyl Gallate
Orthophosphoric Acid

E311
E338

P
6-O Plimtiol
Patent Blue
Pectin

E304
131
E440a

Pentapotassium Triphosphate
Penta Sodium Triphosphate
Pigment Rubine
Polyglycerol Ester of Fatty Acid
Polyglycerol Ester of Polcondensed Fatty Acid
Polyoxyethylene Sorbitan

E450b
E450b
E180
E475
E476
432

Polyoxyethylene Sorbitan	433
Polyoxyethylene (20) Sorbitan	434
Polyoxyethylene (20)	435
Polyoxyethylene (20)	436
Polyoxyethylene	430
Polyoxyethylene Sterarate	431
Polyoxyethylene (20)	435
Polydextrose	E1200
Polyvinyl Pyrrolidone	E1202
Ponceau 4R	E1201
Potassium Acetate	261
Potassium Alginate	E402
Potassium Adipate	E357
Potassium Benzoate	E212
Potassium Bisulphate	E228
Potassium Bromate	924
Potassium Carbonate	501
Potassium Chloride	508
Potassium Dihydrogen	E332
Potassium Dihydrogen Orthophosphate	E340a
Potassium Ferrocyanide	536
Potassium Gluconate	577
Potassium Hydrogen	622
Potassium Hydrogen Orthophosphate	E340b
Potassium Hydroxide	525
Potassium Lactate	E326
Potassium Malate	351
Potassium Metabisulphite	E224
Potassium Nitrate	E249
Potassium Nitrate (Saltpetre)	E252
Potassium Orthophosphate (C)	E340c
Potassium Polyphosphates	E450c
Potassium Propionate	E283
Potassium Sorbate	E202
Potassium Sulphate	515
Potassium Tartrate	E337
Propane-1, 2-Diol	E477

Propane-1, 2-Diol Alginate	E405
Propionic Acid	E280
Propyl stearate	E310
Propyl 4-Hydrobenzoate	E216
Propyl 4-Hydroxybenzoate	E217
Propylene Glycol	E1520

Quillaia Extract	E999
Quinoline Yellow	E104

Rhod 20 (C.I.)	128
Refined Microcrystalline Wax	907
Ribodioxanthin	E161f
Riboflavin	E101
Riboflavin 5 Phosphate	101a
Rubixanthin	E161d

Saccharines	E954
Saccharin	904
Silicic Acid	551
Silicon Dioxide	E174
Silver (C.I. 77000)	E262
Sodium Acetate (Anhydrous) and Sodium Acetate	E401
Sodium Alginate	
Sodium Aluminium Phosphate Acidic Sodium	
Aluminium Phosphate, Basic	541
Sodium Adipate	E356
Sodium Benzoate	E211
Sodium Biphenyl-2-yl oxide (Sodium Orthophenate)	E232
Sodium Sesquicarbonate	500
Sodium Citrates	E331
Sodium Dihydrogen Citrate (monosodium Citrate)	E331a
Sodium Dihydrogen Orthophosphate	E339a
Sodium Fennocyanide	535
Sodium Formate	E237
Sodium Gluconate	576

Sodium Hydrogen Carbonate	500
Sodium Hydrogen Diacetate (Sodium Diacetate)	E262
Sodium Hydrogen L- Glutamate	621
Sodium Hydrogen Molate	
Sodium Hydrogen Sulphite	
(Sodium Bisulphite):	E222
Acid Sodium Sulphite)	524
Sodium Hydroxide	E325
Sodium Lactate	
Sodium L- (+)- Ascorbate (Vitamin C)	E301
Sodium Metabiphosphate	
(Potassium Pyrosulphite)	E224
Sodium Nitrate (Chile Saltpetre)	E251
Sodium Nitrate	E250
Sodium, Potassium and Calcium Salts of Fatty Acids (Soaps)	E470
Sodium Propionate	E281
Sodium 5'-Ribonucleotide	635
Sodium Sorbate	E210
Sodium Steady -2- Lactylate	E481
Sodium Sulphate	514
Sodium Sulphite	E221
Sodium Erythorbate	E316
Sorbic Acid	E200
Sorbitol	E420i
Sorbitol Syrup	E420ii
Sorbitan Monolaurate (Span 20)	493
Sorbitan Mono- Oleate (Span 80)	494
Sorbitan Monopalmitate (Span 40)	495
Sorbitan Mono-Stearate	491
Stearic Acid	570
Starches	E1404-1451
Stearyl Tartrate	E483
Succinic Acid	363
Sucro Glycerides	E474

Sucrose Esters of Fatty Acids	E473
Sulphur Dioxide	E220
Sulphuric Acid	513
Sunset Yellow FCF (C.I. 15985)	E110
Synthetic Alpha-Tocopherol	
(Vitamin E; DL-Alpha-Tocopherol)	E307
Synthetic Delta-Tocopherol	
(Vitamin E; DL-Alpha-Tocopherol)	E309
Synthetic Gamma-Tocopherol	
(Vitamin E; DL-Gamma-Tocopherol)	E308

Tartaric Acid	E472b
Tara Gum	E417
Tartrazine	E102
Thaumatococin	E957
Titanium Dioxide	E171
Trogacanth	E413
Tri Ammonium Citrate	E380
Tri Calcium Diorthophosphate	E341c
Tri Potassium Citrate	E332a
Tri Sodium Citrate	E331c
Tri Sodium Diposphate	E450a
Tri Sodium Orthophosphate	E339c

V	
Vioioxanthin	E161e

X	
Xanthan Gum	E415
Xanthophylls	E161
Xylitol	E967

Z	
Zinc Acetate	E650

Safe Additives

Colourings - Yellow

E100 E101 (i) E101 (iii)

Colourings - Green

E140(i) E140(ii)

Colourings - Plant Extracts

E160 (a)(i) E160(a)(ii) E160(b) E160(e)
E160(f) E161 E161(d)
E161(e) E161(f) E162 E163

Other Colourings

E170 E172

Preservatives

E263 E297

Antioxidants

E301 E302 E304 E306
E307 E308 E309

Emulsifiers etc.

E331 E331 E331(i) E331(ii) E331(iii)
E335(i) E335(ii) E337 E350 E350(i)
E350(ii) E351 E352 E352(i) E352(ii)
E353 E355 E375 E400 E401
E402 E404 E440(b)

Acids, Bases and Related Materials

E501 E501(i) E501(ii) E503 E503(i)

Anticaking Agents etc.

E551 E576 E577 E578 E579

Waxes

E901 903

General Use

E927b E932 E939 E959 E1103

Marco Rodin's
Vortex-based Mathematics